

## ABSTRACT OF THE DISCLOSURE

Quality of a reproduced light beam is improved, and rewriting and recording are performed at high speed without erasing data. Each page of a hologram is newly recorded so that the maximum point of diffraction light beam intensity in reproducing the newly recorded hologram is located at a position where diffraction light beam intensity from a data page of a hologram which has been previously recorded in a hologram recording medium is minimized at the time of reproducing the data.